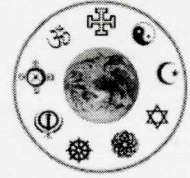




Concordia
UNIVERSITY



Campus Ministry

Learning the ART of Focusing

Harmonizing Body, Mind and Spirit – An eight session workshop

What focusing is...

- ...a specific technique/a gentle process facilitating your...*
- ...getting in touch with your own body's capacity for wisdom, creativity and self-healing*
- ...owning your true self*
- ...identifying and dealing successfully with issues you have been carrying*
- ...discovering the body-feel of the spirit*

When: Wednesdays, beginning October 7 – 1:30-2:30

Where: Annex Z (SGW), 2090 Mackay, Room 105

For more Information:



*Michelina Bertone, S.S.A.
848-3591*